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 Reddell's Salt -  
 Anise Seed -  
 Peppermint -  
 Oil of Sassafras -  
 Wine -  
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 NEW YORK.

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**35 Doses - 35 CENTS**

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**For Infants and Children.**

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**Dr. H. H. Fletcher**  
 of  
**NEW YORK.**

**In Use For Over Thirty Years**

**CASTORIA**

THE CENTAUR COMPANY, NEW YORK CITY.

# How One Woman Keeps Lent

We were chatting over the teacups late one afternoon, my friend and I. A wood fire crackled on the hearth, and a low, round table with dainty appointments was drawn up within the radius of its cheery blaze. Such an atmosphere was favorable to confidence, and I fell naturally to talking of what was uppermost in mind just then.

"I should like to ask you what you think about Lent," I exclaimed, settling myself comfortably among the many hued cushions of a capacious armchair.

My hostess replied, with an amused smile at my question: "Curiously enough, I have but lately had a discussion on this same subject with a liberal hearted Catholic priest."

"Of course, your friend, the priest, defends the strictest observance of Lent, aside from its exaggerations," I rejoined.

"Oh, yes," my friend replied; "but it is always a lesson in tolerance and Christian charity to find that one, good and true, can hold views that differ from one's own. I myself think it is a farce to pretend to fast, when avoiding meats, one feasts upon the rarest and most delicate dishes, composed of fish of all kinds, eggs with dainty sauces, vegetables and sweets; but as a sanitary measure I have no doubt that it is of benefit to eat less and lighter food as the warm weather approaches."

I probably looked the surprise that I felt, and then asked, with real interest, "Would you mind telling me how you spend Lent?"

Her face brightened as though at some pleasing thought, but she answered: "I can tell you nothing new or strange by way of suggestions from my experience. I merely try a little more resolutely to live as I think I ought to live. It is a long step toward happiness, if not holiness, to get things into their right relations. Even 'sermons and self-denial' have their attractions, if in the sermons one honestly tries to find help, and see others enjoy the fruits of one's self-denial."

"Generalities do not satisfy me," I exclaimed saucily.

"Well," she continued after a pause, "I have found real pleasure during Lent in reducing the bills of 'butcher, baker and candlestick-maker' to their lowest terms consistent with the comfort of my household, and giving what is saved thereby to some deserving poor. I take my servants into my confidence, and in a manner calculated to suggest something pleasant, I unfold my scheme and ask their co-operation. The poor are good to the poor and I find my servants very responsive to my suggestion. Self-denial for the sake of denying self does not appeal to one, I grant you, but when its results may be given, in the shape of groceries and other comforts, to needy persons who have enlisted our sympathy, one is beyond measure rewarded for the trifling effort. It is good practice, in discovering household leaks, to enlist one's servants in a system of watchfulness for forty days, so I show mine all the things the purchase of which their carefulness has made possible, and I often let them be the messengers themselves and carry to some needy

family a good dinner to help gladden their Easter holiday."

"Do you not entertain at all in Lent?" I asked, continuing my catechism.

"Yes," my friend replied, "but I do not usually 'call my rich neighbors.' My festivities are confined to those into whose lives not much brightness comes, or to those who are lonely because absent from home."

My friend only paused for breath and then resumed: "Then, too, it is generally known among the friends who really care for, that at five o'clock every day I am at home, and will be glad to see them. They stop in without formality, and so it comes to pass that many pleasant reunions take place. After a Lent passed in trying to give one's higher nature the supremacy—not in breathing in a moral atmosphere too rare and high for one, but in a simple human way, trying to make one's own small corner of the world a little happier, if not a little better—I think one feels rested and brightened."

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## WINE OF CARDUI

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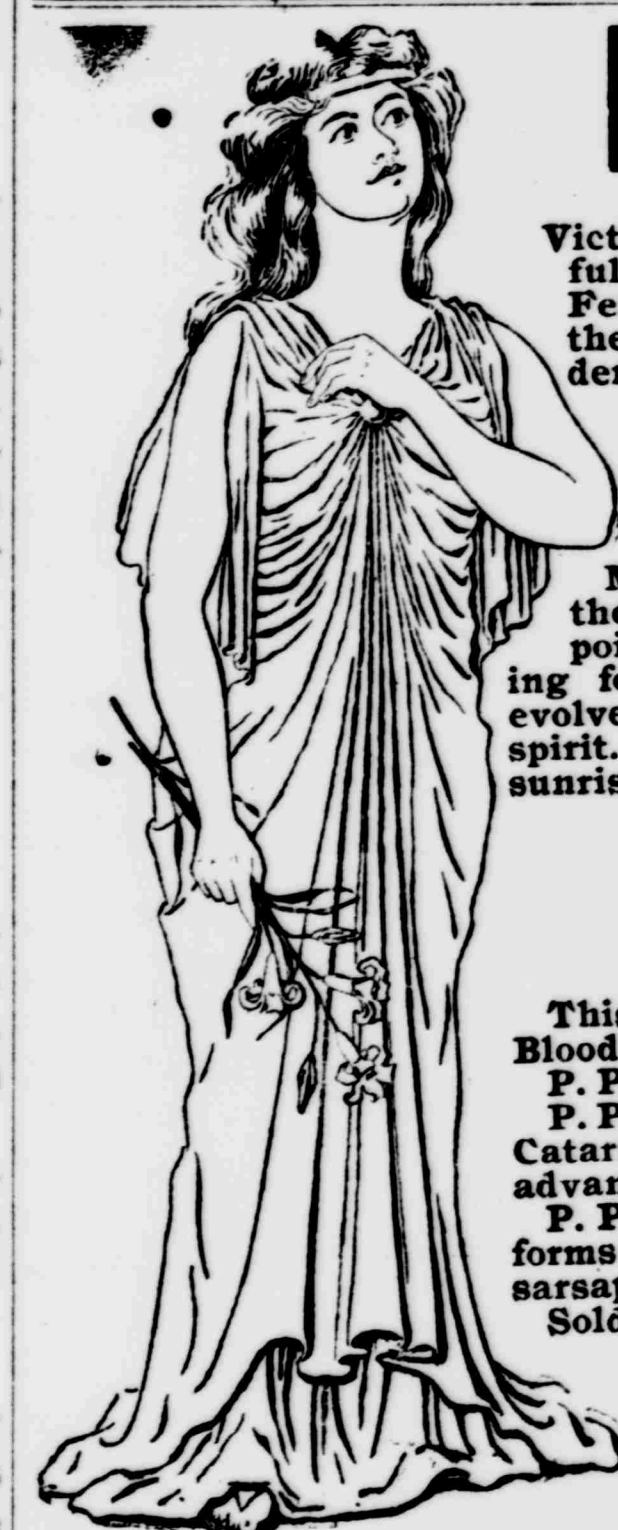
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